

Full Report (All Nutrients) 16302, Beans, adzuki, mature seed, cooked, boiled, with salt

Report Date:October 23, 2015 05:40 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 230g
Proximates					
Water	g	66.29	2	--	152.47
Energy	kcal	128	--	--	294
Energy	kJ	536	--	--	1233
Protein	g	7.52	1	--	17.30
Total lipid (fat)	g	0.10	2	--	0.23
Ash	g	1.33	1	--	3.06
Carbohydrate, by difference	g	24.77	--	--	56.97
Fiber, total dietary	g	7.3	--	--	16.8
Minerals					
Calcium, Ca	mg	28	1	--	64
Iron, Fe	mg	2.00	1	--	4.60
Magnesium, Mg	mg	52	1	--	120
Phosphorus, P	mg	168	1	--	386
Potassium, K	mg	532	1	--	1224
Sodium, Na	mg	244	--	--	561
Zinc, Zn	mg	1.77	--	--	4.07
Copper, Cu	mg	0.298	--	--	0.685
Manganese, Mn	mg	0.573	--	--	1.318
Selenium, Se	µg	1.2	--	--	2.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.115	--	--	0.264
Riboflavin	mg	0.064	--	--	0.147

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 230g
Niacin	mg	0.717	--	--	1.649
Pantothenic acid	mg	0.430	--	--	0.989
Vitamin B-6	mg	0.096	--	--	0.221
Folate, total	µg	121	--	--	278
Folic acid	µg	0	--	--	0
Folate, food	µg	121	--	--	278
Folate, DFE	µg	121	--	--	278
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	6	--	--	14
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.036	--	--	0.083
Fatty acids, total monounsaturated	g	0.009	--	--	0.021
18:1 undifferentiated	g	0.009	--	--	0.021
Fatty acids, total polyunsaturated	g	0.021	--	--	0.048
18:2 undifferentiated	g	0.021	--	--	0.048
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.072	--	--	0.166
Threonine	g	0.255	--	--	0.586
Isoleucine	g	0.300	--	--	0.690
Leucine	g	0.632	--	--	1.454
Lysine	g	0.567	--	--	1.304
Methionine	g	0.079	--	--	0.182
Cystine	g	0.070	--	--	0.161
Phenylalanine	g	0.398	--	--	0.915
Tyrosine	g	0.224	--	--	0.515
Valine	g	0.387	--	--	0.890
Arginine	g	0.486	--	--	1.118

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 230g
Histidine	g	0.198	--	--	0.455
Alanine	g	0.439	--	--	1.010
Aspartic acid	g	0.891	--	--	2.049
Glutamic acid	g	1.173	--	--	2.698
Glycine	g	0.286	--	--	0.658
Proline	g	0.331	--	--	0.761
Serine	g	0.369	--	--	0.849